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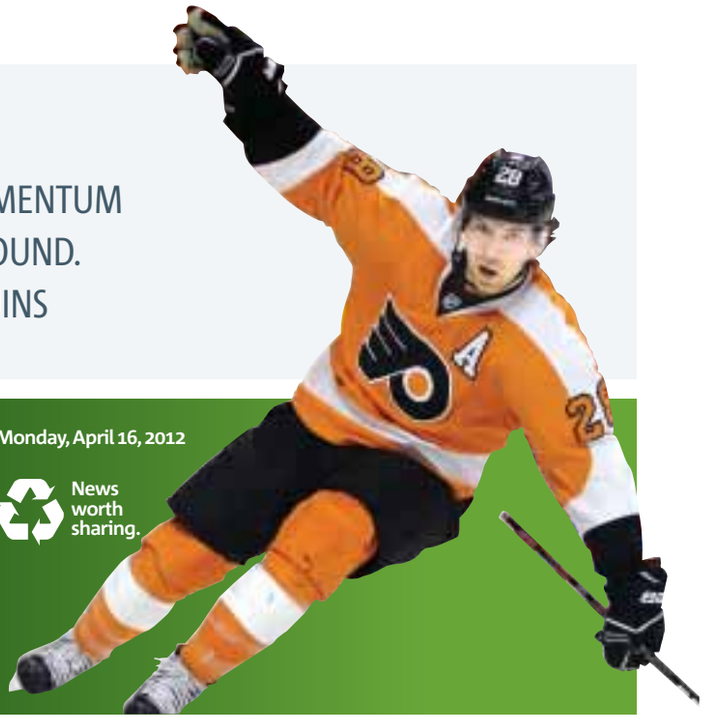
FLYING HIGH

PHILADELPHIA FLYERS HAVE THE MOMENTUM GOING INTO GAME 4 OF THE FIRST ROUND. CAN THEY SMACK DOWN THE PENGUINS ON WEDNESDAY NIGHT? PAGE 17



LONDON metro®

Monday, April 16, 2012

News worth sharing.

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Parwiz Azimi, a manager at Cousin Vinny's pizza (455 Richmond St.), says he's worried about rising violence after the bars get out. Police are investigating two Saturday-morning assaults, one of which left a man dead steps away from Azimi's front door. ANGELA MULLINS/METRO

Man held in fatal assault

Late-night fights. Business manager says bar crowd getting rowdier

ANGELA MULLINS
angela.mullins@metronews.ca

A London man is under arrest for manslaughter and assault stemming from two Saturday-morning fights near Richmond and Carling streets.

Police arrested Chad Hallett, 26, early Sunday, hours after Daniel Brand, 40, of London, died in hospital.

Const. Ricardo Juliao said Brand was "punched in the face, fell back and hit (his head on) the pavement." He was unconscious when police arrived shortly after 2:40 a.m., Juliao said.

While investigating, police learned that Hallett had been involved in a fight with someone else about 10 minutes before. That incident happened in an unidentified business near Richmond and Carling, Juliao said. The victim received treatment for facial injuries at London Health Sciences Centre and has since been released.

A warrant for Hallett was issued Saturday night. Details about where he was taken into custody had not been released.

Chad Hallett
CONTRIBUTED

The fight that led to Brand's death happened as the bar crowd was descending on Cousin Vinny's pizza restaurant (455 Richmond St.).

Manager Parwiz Azimi didn't notice the fight just outside his front door, but saw Brand lying on the ground after police and paramedics were called.

In the two years he's worked at the restaurant, Azimi said he's become more concerned about violence during the bar rush.

"I worry all the time," he said Sunday afternoon. "I don't feel safe here."

Did you see?

- Anyone with information about the incidents is asked to call 519-661-5670, or Crime Stoppers at 800-222-8477. Tips can also be submitted anonymously at londoncrimestoppers.com.

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1 NEWS

On the web

Super-fan suits up for playoffs

Canucks super-fan Towel Power Man Dave Preece can hardly walk down the street wearing his snazzy new suit jacket without someone stopping to take a picture of him as his Canucks super-fan alter-ego. Watch Towel Power Man in action at metronews.ca

May the odd be ever in your favour

The Hunger Games has been dominating the box office for weeks, so it's no surprise parodies of the blockbuster film are popping up all over YouTube. Check out The Hipster Games at metronews.ca

Mobile news

The terror trial of a man who confessed to killing 77 people in Norway starts Monday amid worries he will use the proceedings to showcase his radical views. Scan the code for the story.

Proposal aims to broaden the arts-campus scope

Meeting today. Change to city, Fanshawe College deal would kill requirement to flip heritage buildings

ANGELA MULLINS
angela.mullins@metronews.ca

Fanshawe College would have more options for building its downtown arts campus if city councillors approve changing an agreement signed last year.

The agreement made $20 million in city grants available for the project, with $10 million of the total set aside for buying and renovating heritage properties.

A change being considered Monday by council's finance and administration committee would do away with the heritage requirement — meaning Fanshawe could peruse a wider array of buildings with the same amount of city-backed support.

City council approved the financing deal for Fanshawe's $40-million arts campus in May with a 10-5 vote.

The proposed change to the agreement is "significant," Coun. Paul Hubert, vice-chair of the finance and administration committee, said.

"(We) were really hoping to get some of those heritage buildings addressed" as part of the plan, he said.

Hubert said he's interested in hearing Fanshawe leaders explain the rationale for the change.

"I think I know what some of them are," he said. "One … all of a sudden the value of some of the properties has gone up (significantly) as soon as Fanshawe was showing interest, which is really unfortunate."

The college has already started renovating the campus's first set of offices and classrooms. The former Royal Trust building at 137 Dundas St. is expected to open under Fanshawe's moniker in September 2013.

When completed, the campus is expected to bring 1,000 students to downtown streets.

Anything approved at Monday's committee meeting will have to get the OK at council's May 1 meeting to be considered final.

In other action

City council's finance and administration committee will:

- **Consider a request** for a staff report on a number of issues tied to ombudsman investigations, including the city's legal department's role in the process and councillors' rights when it comes to getting and paying for independent legal advice.

April showers can't dampen efforts to see market in full bloom

Kelsey Clingersmith, 16, of London, digs into a flower bed Sunday morning outside the Covent Garden Market. Kelsey was one of about 35 volunteers from the London Fanshawe Horticultural Society who braved the rain to plant fresh shrubs and perennials at the downtown venue. A market spruce-up has been underway since warm weather set in a few weeks ago.

ANGELA MULLINS/METRO

Winners. City's diverse acts honoured at Jack Richardson Music Awards

The eighth annual Jack Richardson Music Awards were handed out at The Music Hall at a Sunday night gala.

Two Crown King was crowned top rock act at the awards, which celebrate the musical diversity of the Forest City and honour a wide range of genres.

Sarah & Jeff were named best country performers. Casper The Ghost was named tops in the London hip-hop world and in the club DJ category, DJ Everfresh got the Jack.

There was a tie in the world music division: Alfredo Caxaj Latin Ensemble and Antler River Project shared the award. Kittie (metal) and The Alcohollys (punk) won in their respective fields.

The Aeolian Performing Arts Centre was named best live venue, while Dan Brodbeck got the nod as top producer/engineer in the city. METRO

Two Crown King won the Jack Richardson Music Award for rock on Sunday night. FACEBOOK.COM

Commuter alert. Road construction season gets started this week

Those orange signs that Londoners have become familiar with for at least seven months out of the year are back in force this week as road construction season kicks off.

One of the major projects affecting commuters heading into downtown starts Wednesday on Riverside Drive from Wilson Avenue at Labatt Park over the Kensington Bridge and up to Ridout Street. The first phase of the project is expected to last until mid-June, with eastbound traffic being re-routed and going one-way on the Queens Avenue Bridge, with westbound traffic using the other lane to head out of downtown.

The second phase of the project between Ridout Street and Wellington Street is expected to begin April 25. AM980/AM980.CA

Maintenance ahead

- **Nearly 50 maintenance projects** are scheduled to be completed by the city over the next several months.

Playoffs. Knights ready to open the Western final

Michael Houser METRO FILE

The London Knights will host the first game of the OHL Western Conference final Thursday at 7 p.m. at the John Labatt Centre.

Unclaimed season tickets go on sale Tuesday at 10 a.m. for Game 1. Call the box office at 519-681-0800 or visit londonknights.com. The full schedule for the Western Conference final will be released in the next few days.

The Knights will face the winner of the Plymouth Whalers-Kitchener Rangers series.

London advanced to the conference final with a 5-3 win over the Spirit on Saturday night in Saginaw. After splitting the first four games of the series, London won back-to-back contests to take the best-of-seven second-round series 4-2.

In Saturday's clinching game, London's Michael Houser stopped 30 shots while Olli Maatta, Jarred Tinordi and Jared Knight each had a goal and an assist.

Tommy Hughes and Austin Watson added single goals, and Vladislav Namestnikov and Ryan Rupert chipped in with two assists each. **METRO WITH FILES FROM THE CANADIAN PRESS**

South London

22-year-old man dies in fatal motorcycle crash

Police say one person is dead after a collision in the city's south end Friday night.

Officers say it was around 11:30 p.m. when they responded to a motor vehicle collision involving a motorcycle at Southdale Road East and White Oaks Road.

They say the motorcycle's 22-year-old male driver was pronounced dead at the scene.

The female driver of the other vehicle suffered only minor injuries.

Police said that the cause of the accident was under investigation. Anyone with information is encouraged to contact London police at 519-661-5670 or visit londoncrimestoppers.com. **AM980.CA**

Fire response. Crews battle two blazes just blocks apart

Officials with the London Fire Department and city police say crews responded to two blazes Sunday morning just blocks apart.

London police say the first call came in shortly before 1 a.m. They say crews responded to a business on Baseline Road East where a trailer had been set on fire. Officials couldn't comment on the extent of the damage, but did say the blaze will be under investigation.

About 2 1/2 hours later, emergency crews were called back to the same area. Police say officers responded to a vacant house on Centre Street around 3:30 a.m. to find a fire.

Fire officials say at one point they had to pull their crews back from fighting the flames because of safety concerns. The blaze is considered suspicious and is under investigation. There were no injuries reported. **AM980.CA**

Shock Stock inspires horror flick culture

Bryce Wills, 25, of London, touches up a faux gunshot wound Sunday during Shock Stock at Centennial Hall. Wills operates Midnight Madhouse, a business dedicated to special-effects makeup and handmade horror-themed clothing. He was one of several local people who participated in Shock Stock, billed as a celebration of subculture. ANGELA MULLINS/METRO

ANGELA MULLINS
Metro in London

Subculture celebration. Event aims to keep culture alive, inspire younger generations

Where can you come face to face with an ax murderer, a roving inflatable Pillsbury dough boy, and a black-cloaked alien all in a matter of seconds?

Shock Stock, of course.

Billed as a celebration of the horror film subculture, the weekend festival turned Centennial Hall into a living, breathing vessel of oddball delight.

Squeezing past an upright casket added a hint of colour to a routine bathroom break.

Never knowing who — or what — may sneak up behind you made poring over creepy merchandise, well, creepier.

"This is a showcase," said filmmaker Jeffrey J. Timbrell, 35, of London.

"London doesn't really have a platform for [the art of] horror films."

Shock Stock is well on its way to becoming that sought-after platform.

With only a smattering of people attending the inaugural event in 2011, more than 500 people came through the doors for this weekend's convention.

Jeffrey J. Timbrell
ANGELA MULLINS/METRO

Bryce Wills, 25, of London, owner of Midnight Madhouse, a design and special effects company, said he and his business partner counted more people in one day this year than during three days last year.

Weirdness and fun aside, the success of Shock Stock boils down to business for people like Wills and Timbrell.

While the convention features films and plenty of off-the-wall vendors, it's a chance to slide one's foot further into the industry door.

Timbrell debuted The Park Enforcer, a campy horror film he considers his first major creation, at last year's event. He was selling copies of the film over the weekend and is making a sequel.

"It's all about making connections and getting your name out there," Timbrell said.

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Drugs. Reserve speaks out against addiction

Item number nine in the letter to members of the Cat Lake reserve from the children in Grade 6 is as blunt as it is painful.

"It hurts us and shoomis and kokum (grandpa and grandma) when you're doing drugs and you're not at home."

Cat Lake is the epicentre of prescription drug addiction in Canada. Community leaders figure that between 70 and 80 per cent of the adults are hooked on narcotic pain killers OxyContin or Percocets.

Governments and local health authorities are slowly gearing up to deal with the runaway addiction that has slammed communities across the country, but especially First Nations. THE CANADIAN PRESS

Exclusively online

To read the letter, go to metronews.ca

Prostitution. Secret Service scandal slammed

A Secret Service scandal involving prostitutes in Colombia that has overshadowed U.S. President Barack Obama's diplomatic mission in Latin America probably isn't an isolated incident, a leading House Republican said Sunday.

California Rep. Darrell Issa, chairman of a House investigative panel, said he wasn't certain whether Congress would hold hearings on the misconduct.

THE ASSOCIATED PRESS

Strained relations

16

Eleven Secret Service employees are on administrative leave for misconduct and five service members assigned to work with the agency are confined to quarters amid allegations that a group of personnel partied with prostitutes before Obama arrived in Colombia for the weekend summit with Latin American leaders.

Belfast looks back on Titanic with mixture of sorrow and pride

Centennial. Cities on both sides of the Atlantic commemorate the 100-year anniversary of the sinking of ship

As the 1912 disaster was commemorated around the world, the city that built the vessel — Belfast, Northern Ireland — looked back on the tragic sinking of Titanic with a distinctive mixture of sorrow and pride.

In the North Atlantic, passengers lined the decks of the MS Balmoral, a cruise ship that has been retracing the route of the doomed voyage, as the ship stopped early Sunday at the spot where the Titanic went down in the early hours of April 15, 1912.

Another cruise ship, Journey, which travelled from New York, also held a service at the site, about 650 kilometres off the coast of Newfoundland.

A century on, events around the globe marked a tragedy that retains its grip on the world's imagination.

Remembrance

People in Halifax gathered at a local cemetery Sunday to pay their respects to the victims of the Titanic sinking on the centennial of the disaster.

- One hundred and twenty-one people aboard the ill-fated ship were buried at Fairview Lawn Cemetery in Halifax.
- Twenty-nine others are buried at other cemeteries in the city.

In Belfast, a memorial monument was unveiled Sunday at a ceremony attended by local dignitaries, relatives of the dead and explorer Robert Ballard, who discovered the wreck of the Titanic on the ocean floor in 1985.

Remembrance ceremonies were also being held in the ship's departure port of Southampton, southern England — home to hundreds of Titanic crew who perished — and in Halifax, where about 150 victims of the tragedy are buried.

THE ASSOCIATED PRESS

Distant relatives of people who died on the Titanic disaster lay wreaths at the Titanic Memorial Plaque during the service at Belfast City Hall, Northern Ireland, Sunday. PETER MORRISON/THE ASSOCIATED PRESS

Casualties

Al-Qaida strikes in Yemen

Yemeni military officials say al-Qaida fighters trying to take control of a key southern town launched two attacks on residents, leaving a total of seven people dead, including two al-Qaida militants.

THE ASSOCIATED PRESS

Corruption charges

Iraqi PM criticized for detentions

Two Iraqi election officials facing corruption charges said Sunday they have been released on bail after a three-day detention that they said was designed to pressure the independent electoral body.

THE ASSOCIATED PRESS

Scathing attack

NDP slams Tories on food inspection

The Harper government's cuts to public service jobs are putting Canadians at risk, NDP Leader Tom Mulcair said, lashing out at the Conservatives for cutting food inspectors after people died from tainted meats.

THE CANADIAN PRESS

Uniquely Canadian

Signatures on the Charter fading

The papermakers chose the finest Manitoba flax, but nobody thought about the pens used to sign the Charter of Rights and Freedoms — the signatures that brought it into force are at risk of fading.

THE CANADIAN PRESS

The world in photos

1 Suicide bomber. Examining remains

An Afghan man examines the remains of a car after three suicide bombers were killed before they reached Jalalabad airport in Afghanistan on Sunday. The Taliban launched a series of coordinated attacks on at least seven sites. RAHMAT GUL/THE ASSOCIATED PRESS

2 Salute. Jong-un gives first speech

North Korean leader Kim Jong-un salutes during a mass military parade in Pyongyang to celebrate 100 years since the birth of the late North Korean founder Kim Il Sung on Sunday. THE ASSOCIATED PRESS/KYODO NEWS

3 Birthday. Benedict XVI turns 85

Pope Benedict XVI greets the faithful during the Regina Coeli prayer from his studio's window overlooking St. Peter's square at the Vatican, Sunday.

GREGORIO BORGIA/THE ASSOCIATED PRESS

4 Arrested. Activists' fly-in protest

Left wing Israeli activists are arrested by Israeli police as they demonstrate in favour of the 'Welcome to Palestine' fly-in protest on Sunday at the Ben Gurion Air Port near Tel Aviv, Israel. URIEL SINAI/GETTY IMAGES

5 French campaign. Sarkozy arrives

France's President and candidate for re-election, Nicolas Sarkozy, shakes hands as he arrives for a Paris campaign meeting, Sunday. MICHEL EULER, POOL/THE ASSOCIATED PRESS

Five dead as twisters cut a swath across U.S.

Over 100 tornadoes. Midwest and Plains states affected; hundreds of thousands without electricity; storm weakening

More than 100 tornadoes were reported across the U.S. Midwest and Plains states, leaving at least five dead in Oklahoma and hundreds of thousands of families without electricity.

Residents searched Sunday through damaged homes for anything they could salvage. Emergency crews, meanwhile, were trying to repair downed power lines.

The National Weather Service said the storm systems were weakening and that additional tornadoes were unlikely. But forecasters warned that strong thunderstorms were expected as far east as Michigan.

Five people were killed and more than two dozen were injured when a suspected tornado ripped through a mobile home park in Woodward, Oklahoma.

Streets in the town were left dotted with mangled vehicles.

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Very strong system

The storms were part of an exceptionally strong system that the Storm Prediction Center in Norman, Oklahoma had warned about for days.

- **The centre warned people more than 24 hours in advance of a possible "high-end, life-threatening event."**
- **The centre said the weather service had received at least 120 reports of tornadoes by dawn Sunday.**
- **They warned the threat wasn't over for those across several states in the U.S. interior.**

Workers survey the damage to a 65-foot-tall Ferris wheel following a tornado that swept through east Wichita. MIKE HUTMACHER/THE ASSOCIATED PRESS

"The Tornado Hunter"

Saskatchewaner gives eyewitness account

As extreme weather continues to hit the Midwestern United States, Saskatchewan resident Greg Johnson, known as the Tornado Hunter, is on the ground documenting the ordeal. Speaking with Metro from Des Moines, Iowa, Johnson said this chase has been a lucky one.

"In Kansas we were really fortunate that the tornadoes that we were chasing . . . didn't hit populated areas," said Johnson.

"So we didn't come across any of that mayhem that went on later in the evening at Wichita and unfortunately the five deaths at Woodward, Oklahoma."

Johnson said these chases affirm for him that Canada isn't prepared for a tornado.

"The work we're doing now pays dividends and helps people build an awareness about tornadoes and severe weather."

He says this work in the U.S. will pay dividends when he gets back to Canada.

In several states in the U.S. interior, the threat isn't fully over, but the storm has weakened and officials say additional tornadoes are unlikely.

MORGAN MODJESKI/METRO IN SASKATOON

Chris Streeks, a member of Greg Johnson's tornado hunting team. GREG JOHNSON/FOR METRO

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Buying from a box. Retail kiosks gain momentum

Movie machine

- The concept seems to be working for a handful of companies that dove into the Canadian DVD rental kiosk business to take advantage of a nation-wide shuttering of video chains.
- That has encouraged a rush of companies to hit the market, including Best Buy Canada, Playdium, and Zip.ca. Each charges about $2 or $3 per night for a DVD.

A growing number of retailers are installing automated kiosks in the corners of their stores, hoping to drive product sales for DVD rentals or even iPads in a space once reserved for dust bunnies and trash bins.

It's a trend that's gaining momentum in Canada after several years of success in the United States, where everything from soap to live bait has been sold out of the automated dispensers.

"Look at the advantage — you don't need a clerk and your rent is a fraction of the cost," said Shamira Jaffer, the founder and president of Signifi, a company based in Mississauga, Ont. that's developing the technology for the retail market.

Jaffer hopes Canadians will warm to buying a wide array of items from machines, such as cosmetics, electronics and video games.

"It's only a matter of time," she added.

Canadian businesses are taking a more conservative approach, choosing consumer favourites like DVD rentals to test the market, but creators of the kiosks are optimistic that this is just the start.

In Canada, all of the kiosk operators are private companies, so their revenues aren't made public, which makes it tough to determine whether Canadians are adopting the concept en masse. According to a report from Convergence Consulting Group, kiosks are just two per cent of the market in Canada.

Canadian Tire briefly tested the market with a handful of kiosks that sold clothing and accessories from its Mark's stores. One was placed at the highly trafficked Union Station transit hub in downtown Toronto, generating plenty of attention. But the kiosk didn't catch on and the retailer decided to retire the pilot project.

THE CANADIAN PRESS

Market Minute

DOLLAR 100.16¢ (-0.39¢)

TSX 12,040.39 (-174.25)

OIL $102.83 US (-81¢)

GOLD $1,660.20 US (-$20.40)

Natural gas: $1.981 US (-0.2¢)
Dow Jones: 12,849.59 (-136.99)

Latin America splits with Canada, U.S. on Cuba

Summit. Allowing Cuba to participate may undercut democratic gains in the hemisphere, experts argue

Foreign policy

- The Conservative government is trying to revitalize its five-year-old Americas Strategy, a policy of focused engagement in the region.
- Harper will fly to Santiago at the close of the summit for an official visit to Chile.

Prime Minister Stephen Harper came to the Summit of the Americas with the goal of bolstering ties with the booming region, but left Sunday on a discordant note because of his government's stance on Cuba's participation.

Canada and the United States stood alone in balking at an agreement to allow Cuba to attend future summits. That disagreement, and a lack of consensus on backing Argentina's claim to the Falkland Islands, scuppered a final declaration from the 31 participating nations.

Even the summit host, Colombian President Juan Manuel Santos, declared it to be "unacceptable" that Cuba not attend the next meeting three years from now. Other major players, such as Argentina and Brazil, have echoed the sentiment.

Harper emphasized that Canada has reached out to Cuba, and does not agree with the American embargo of the country. But he said Canada is sticking with the summit principles that state that members must be democracies — an idea that originated under Liberal prime minister Jean Chretien during the Quebec City summit of 2001.

"While we don't support the position of isolating Cuba, we do believe that the Summit of the Americas should be restricted to democratic countries, and that Cuba should be encouraged to come as a democratic country in the future...and it's our contention that the Canadian policy is the way to get that kind of result rather than the policy pursued by our American friends," Harper told reporters.

Harper added that he viewed the issue as one of principle.

"I think we've taken a principled position, and when we take principled positions we're prepared to argue that and discuss them but obviously we don't have our positions dictated either by one country or frankly by any group of countries," he said.

What happens next is unclear. Santos said there would be a discussion on Cuba's participation at the summit three years from now, scheduled for Panama.

This year's summit was characterized by a new sense of unity and solidarity amongst Latin American countries, many of whom are seeing rapid economic growth and more geopolitical clout. Santos pointedly spoke at his closing news conference about the desire for all countries to be treated as equals — a nod to the weight the United States has thrown around the region in the past.

Mark Entwistle, a former Canadian ambassador to Cuba, said the issue is not always what it seems.

"It's a bit of a hemispheric dance here...it's really less about Cuba per se for the Latin Americans, and it's more about using Cuba as a messaging board especially by the robust regional powers like Brazil and Mexico," said Entwistle, who still travels regularly to Cuba.

"It's using the Cuba coding or the Cuba item as a means of sending a message, particularly to the United States, that their views have to be taken seriously and that they're major regional players."

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Prime Minister Stephen Harper arrives for the second day of meetings at the sixth Summit of the Americas in Cartagena, Colombia, on Sunday.
ADRIAN WYLD/THE CANADIAN PRESS

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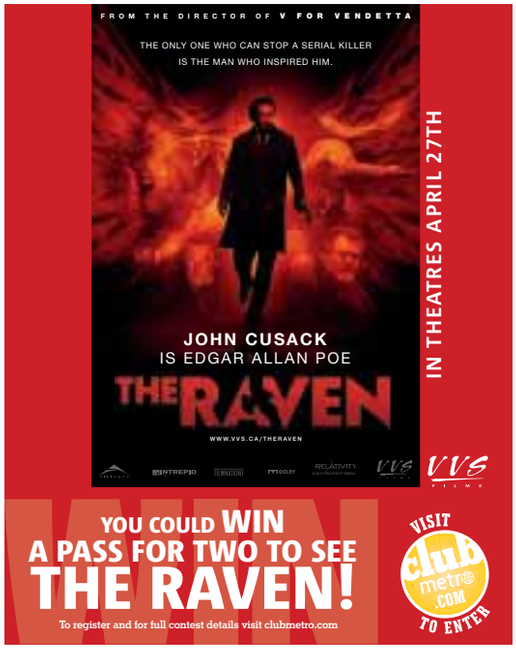
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Europe. King of Spain under fire for hunting trip

Spain's 74-year-old king came under scathing criticism Sunday for going on an expensive elephant hunting trip in Botswana amid the nation's deep financial woes.

Making matters worse, an accident on the trip sent King Juan Carlos into surgery. Doctors said Sunday that he was recovering well after a hip replacement but would not be able to resume full duties for more than a month.

His son, 44-year-old Prince Felipe, was nominated to fill in for his father, who Spain's government relies on to patch up diplomatic disputes, boost international trade and serve as the country's high-profile liaison.

Tomas Gomez, Madrid's regional Socialist party leader, said the time had come for the head of state to choose between his public responsibilities "and an abdication that would allow him to enjoy a different lifestyle.'"

Spanish newspapers were filled with accounts of how hunting trips to Botswana, where Juan Carlos fell, cost more than most Spaniards earn in a year. El Pais, Spain's leading newspaper, said the cost to arrange a hunting trip in Botswana to kill an elephant usually comes in at $57,850, about twice the country's average annual salary.

The accident happened Friday while the king was on safari in Botswana's northern Okavango region and he was immediately flown home by private jet. Juan Carlos had a hip replacement early Saturday, and by Sunday had begun walking with crutches, said Angel Villamor, a spokesman for San Jose hospital, where the king is recovering.

THE ASSOCIATED PRESS

KNOCKIN' ON STARDOM'S DOOR

URBAN COMPASS
Todd Devlin
london@metronews.ca

When asked what she wants to be when she grows up, Nicki Whitehead's response — without hesitation — is always "a rock star." It's a fantasy shared by many teenagers, but this talented 14-year-old has been busy trying to make it a reality.

Most recently, she has been preparing to shoot a music video that she will be sending off to eleveneleven, the record label started by American talk show host Ellen DeGeneres. But Whitehead isn't just sending it on a whim. In fact, the label contacted her after hearing some of her original songs.

"I got an email saying they wanted me to submit a video," said Whitehead. "At first, I thought it was junk mail and that someone was fooling me."

And when she found out it was legitimate?

"I started screaming," she said with a chuckle. "I got real excited."

Whitehead figured it would make more of an impact if she sent a music video rather than just a clip of her performing. The video will be shot this week and will also include footage from a live performance that will take place at Call the Office on Tuesday, April 24 at 8 p.m.

Whitehead has come a long way over the last two years, which is when she began seriously pursuing music. As a Grade 6 student, she enrolled in London's Academy of Music where she began to find her own sound. There, she met Brian Nelles, an instructor she credits with encouraging her to follow her passion. When Nelles started Britown Music, Whitehead signed up there for the rock band program, an eight-week course where students learn to create, record and perform their own music.

Nicki Whitehead

"She's bright, hard-working and has a beautiful voice. And she's a natural songwriter too."

Brian Nelles, Academy of Music instructor who is helping the young performer work towards her music goals.

"I was in the first-ever class," said Whitehead, who has now completed the program six times. "Without it, I don't think I'd be doing this. It really opened the door to perform on stage. I used to be really shy when I started."

Britown helped put together a band for Whitehead's live show next week, and Nelles said he's happy to help the young performer as she works toward her music goals.

"Nicki is so much fun to teach," Nelles said. "She's bright, hard-working, and has a beautiful voice. And she's a natural songwriter, too. We want to spread the word about what she's doing. London kids are super talented, and we should be showing off how awesome they are."

Whitehead, who cites Joan Jett as her biggest inspiration, said her own style can best be described as pop rock or pop punk.

"It's kind of a mix of punk and pop music at the same time," she said. "But I have some ballads that are on the piano, too."

Despite her rock star goals, Whitehead says she is realistic about the future and that, for her, it's really about her love of music. And as for her entry to the Ellen DeGeneres record label?

"I'm trying not to get my hopes up too much," she said, "but I'm so excited."

London's Nicki Whitehead, 14, was contacted by a record label started by TV host Ellen DeGeneres. CONTRIBUTED

Harlistas wave the flag

FRANKLIN REYES/THE ASSOCIATED PRESS

Straw at attention

Cubans celebrate Harley Davidson

Bikers participate in a competition to place a single straw in a row of bottles during Cuba's first national gathering in honour of the Harley Davidson motorcycle Saturday.

Cuban "hog" owners and enthusiasts gathered over the weekend in the tourist resort city of Varadero.

THE ASSOCIATED PRESS

Motorcycle mambo

Keeping 'hogs' on the street

Yaismer Escalona works on a Harley Davidson in Havana Friday.

Cuba's "Harlistas" are just as passionate as their American counterparts, but like the owners of rumbling 1950s Detroit classic cars that still prowl the streets of Havana, vintage Harley fans have had to get creative to keep their bikes road-worthy.

THE ASSOCIATED PRESS

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@MekeaSpringer
What's going on in this city? Seems like it's not safe to have a night out anymore #ldnont

@MarisaBarrow
Saw a man dressed as #jesus walking down Richmond.. #ldnont #mostrandom

@RyanDurgy
First exam DONE. Pulling an all-nighter tonight. Second and Third exams tomorrow... #WesternU

@naomisayers00
Best study break ever: 20 minutes of quick ab work #examseason #westernu

@milkmansauro
In the hammer #sohurt #westernu blows #mcmaster outta the water. If only #ldnont had an ikea....

metro

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2

SCENE

Box office

Fans still hungry for Games

Movie fans have chosen real violence over the slapstick variety as The Hunger Games held off The Three Stooges to remain the No. 1 weekend movie. Lionsgate's The Hunger Games, the blockbuster about teens competing in a televised fight to the death, stayed on top for a fourth-straight weekend with $21.5 million. That raises the film's domestic total to $337.1 million. Peter and Bobby Farrelly's slapstick update The Three Stooges opened in second place with $17.1 million, according to studio estimates Sunday. That was well above industry expectations of around $10 million for the 20th Century Fox update starring Chris Diamantopoulos as Moe, Sean Hayes as Larry and Will Sasso as Curly. Fox executives had figured the movie would appeal mainly to young males. But it also pulled in older men who grew up on the Stooges. The acclaimed horror tale The Cabin in the Woods debuted in third place with $14.9 million. A smart, twisting take on the genre produced and co-written by Joss Whedon (Buffy the Vampire Slayer), the long-delayed Cabin in the Woods had been one of the films caught up in MGM's bankruptcy but was finally released by Lionsgate.

THE ASSOCIATED PRESS

On the web

Ronnie Wood, members of The Faces donate band biography to newly opened Rock Hall archives

When board meets screen

Battleship, Milton Bradley's boredom, smiting, peg-in-board naval gazer, is being re-imagined as a $200 million intergalactic ship-sinking blockbuster, with Liam Neeson and Rihanna aboard. If Battleship floats at the box office, studios will be quick to green light a slew of board-meets-screen adaptation. We delved deep into the attic to dust off some rainy-day classics with the most cinematic potential.

MIKE DOJC
scene@metronews.ca

Hungry Hippos

Elevator pitch: Anaconda Meets The Constant Gardener

Plot: While in Botswana, a World Health Organization scientist accidentally stumbles upon a topical cure for male pattern baldness while milking a hippopotamus on a dare. In an attempt to amplify the affect, the hefty herbivores are shot full of bovine growth hormones, which messes with their eyesight causing them to see human heads as mouth-watering spheres of white chocolate.

Stars: Megan Fox, Danny McBride and Seth Rogen

Zooey Deschanel

Connect Four

Elevator pitch: Bob & Carol & Ted & Alice meets Wanderlust

Plot: Two couples meet while on vacation in Tuscany, have too much Pinot grigio one night and end up experimenting in spouse swapping. While their friendship persists, the inebriated dalliance leads to therapy for one duo and a temporary break-up for the other. Will moving into a beach house in Malibu help this criss-crossed foursome pick up the emotional pieces of their scattered hearts?

Stars: Mark Ruffalo, Zooey Deschanel, Dax Sheppard and Kristen Bell

SVW: Scrabble versus Words with Friends

Elevator Pitch: Freddy vs Jason Meets The Social Network

Plot: A friendly game of Scrabble between a mother and her daughter goes awry after mama scores a bingo with a-b-u-s-i-v-e. Seven letter bonuses are only 35 points in the popular app but 50 points in the board game that inspired it. A generational pissing match ensues, pitting Coke against Coke Zero and buck and a quarter convenient store coffee against Starbucks.

Stars: Marissa Tomei, Selena Gomez and Mike Holmes

Channing Tatum

Jenga

Elevator pitch: Armageddon Meets Tetris

Plot: Set in Chicago in the summer of 2035, a trillionaire developer conceives a mega-condominium, quadruple the height of the CN Tower, assembled completely out of prefabricated modular units. Midway through construction the city is rocked by a 9.0 earthquake. A brave crew of super-crane operators from the army corp of engineers scramble to save the building from toppling by hoisting up the precariously balanced units and finding a new perch for them on the top of the building.

Stars: Tim Allen, Channing Tatum and Mike Holmes

Trivial Pursuit

Elevator Pitch: Saw meets Jeopardy

Plot: After a producer gets canned from the game-show network, he turns into a psychopath and begins pursuing former quiz show contestants. When he captures them he toys with them by forcing his victims to answer moderately difficult trivial questions like who won the World Series in 1994? If they know the answer he lets them off with just a wedgie. But if they get it wrong, then it's game over.

Stars: Alex Trebek and Justin Bieber

Will board-games business sink or sail?

Battleship. Hollywood film could be the marketing boost the board-games business needs to boost lacklustre sales

Battleship steams into movie theatres in the coming weeks, giving audiences the chance to decide whether a board-game-based movie is sea-worthy.

Whether the movie symbolizes Hollywood's lack of new ideas or its brilliance in adapting old ones, Comcast Corp.'s Universal Pictures is betting big that it's the latter.

With a reported production budget of $200 million, observers say it will need to reap at least $500 million at box offices worldwide to pay off.

For Hasbro, the movie is a way to get a globally marketed boost for its games business, which Sterne Agee analyst Margaret Whitfield called "stagnant" and lacking innovation.

Turning that stagnation around is a goal of Brian Goldner, Hasbro's CEO since 2008. He told investors in February "we're going to reignite our games business."

Quoted

"We're going to reignite our games business."

Hasbro's CEO Brian Goldner, reassuring investors that there are plans to reinvigorate the 'stagnant' board-game business.

If it succeeds, Battleship will be the advance guard of a whole fleet of planned adaptations of Hasbro games including Ouija, also being developed by Universal for release in 2013, as well as Risk and Candy Land, which are both in the works at Sony Corp.

THE ASSOCIATED PRESS

Battleship has a reported production budget of $200 million.

HANDOUT

Angelina Jolie and Brad Pitt ALL PHOTOS GETTY IMAGES

Brad finally puts a ring on it

After six children and seven years together, Brad Pitt and Angelina Jolie are engaged to be married, a rep for Pitt confirmed in a statement.

"Yes, it's confirmed. It is a promise for the future and their kids are very happy. There's no date set at this time," the rep says.

Pitt reportedly popped the question with a $250,000 ring, according to Us Weekly.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Diddy's uninvited house guest

THE WORD
Dorothy Robinson
scene@metronews.ca

A 30-year-old man has been arrested for trespassing at Sean "Diddy" Combs' East Hampton mansion, where he reportedly ate the hip-hop mogul's food, drank his liquor, tried on some of his clothes and then slept in his bed, according to TMZ.com.

Quamine Taylor, who reportedly has a history of mental illness, entered the vacant house through an unlocked basement door and was there for 24 hours before tripping an alarm.

But when police and an alarm company representative showed up, Taylor was able to convince them he had permission to be there. It wasn't until a caretaker arrived and called the police back that Taylor was arrested. Combs' rep had no comment.

Poor Quamine. If only someone had tipped him off that Combs' mansion was NOT a Notorious B&B, he wouldn't be in this mess.

ScarJo opens up on 'horrible' divorce

Though she describes her split from ex-husband Ryan Reynolds as "comically amicable," Scarlett Johansson admits she's still reeling from her divorce.

"Of course it's horrible. It was devastating. It really throws you," she tells Vogue. 'You think that your life is going to be one way, and then, for various reasons or whatever, it doesn't work out."

Johansson also acknowledges her post-divorce relationship with Sean Penn for the first time, saying, "We spent time together, yeah. I never put a title on it, really, but we were seeing each other."

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3 LIFE

Girl power

Girl Guides set to gain various skills

Chocolate and vanilla sandwich cookies are on the menu as Girl Guides head out on their semi-annual selling spree. Girl Guide Cookies is the largest "girl-run" business in the country, Girl Guides of Canada said in a release. Each year more than 70,000 Girl Guides, from five-year-old Sparks to 18-year-old Rangers, gain financial literacy and business skills from selling cookies. Last year, members sold more than 112 million cookies, or 5,345,652 million boxes. "Each box of cookies sold supports dynamic Girl Guide programs and activities that encourage girls to develop their leadership potential, use their talents and push their boundaries while fostering their self-esteem," the organization said. THE CANADIAN PRESS

Just had a baby? Now munch on the placenta

Skin-care. More moms, including January Jones, are considering the benefits of their placenta, which many believe reduces the signs of aging and boosts energy levels

ROMINA MCGUINNESS
MWN in London, U.K.

Some mothers from all around the world have consumed their placenta for generations with little fanfare. Some say it's part of the natural process of giving birth that brings mother and child closer, others say it helps balance out hormones and fights postpartum depression, while some use it to fight aging.

But it was January Jones who made after-birth such a hot topic when she admitted that eating hers, post-baby, helped her get camera ready weeks after the delivery. And it's now not just consuming your own placenta for the benefits: beauty products are popping up with placenta as its main ingredient.

But some skin-care experts, such as Madonna's facialist, Michelle Peck, is skeptical.

"I'm not saying I'll never try placenta pills, I just need more convincing. I'd like to see more concise information to back the health claims," she says.

Mark Kristal, a behavioural neuroscientist at the University of Buffalo, agrees.

"Even though there are benefits to mammalian mothers that eat placenta at delivery, there is no scientific evidence that there are any benefits to humans."

He goes on to point out that all of the gushing reports about the benefits of placenta use have been based on anecdotes.

"I wouldn't recommend women take placenta pills, but that doesn't mean that at some time in the future, beneficial components might not be extracted or synthesized and administered medicinally," he adds.

Either way, the trend is picking up steam, and it's up to each mother to decide what's best for them.

January Jones: Could placenta pills help you look like this? GETTY IMAGES

Yay or Nay

PLACENTA PILLS, FACIALS AND HAIR CAPSULES

ROMINA MCGUINNESS
MWN in London, U.K.

YES

PILLS: If you're curious about taking it orally, you won't have to worry about weird side-effects. "It causes no allergic reactions or fatalities in mothers," says New York-based skin-care expert Carole Burns. "The only women who aren't good candidates are those with hepatitis A,B, or C and HIV/Aids."

FACIALS: "You can take the dried powder and place it into a gentle base such as pure olive oil and put it on your skin. It's good for skin conditions such as eczema," says Jodie Selander, founder of PlacentaBenefits.info. Meanwhile, those who have tried the placenta facials offered in spas claim that the treatment hydrates skin, reduces sun damage and leaves skin glowing. Jennifer Lopez, is rumoured to be a big fan.

HAIR CAPSULES: It's packed with protein, which repairs damage from heat, colour and perms.

NO

PILLS: You have to have a baby to try them. Once removed after the birth, the placenta is then cleaned, cooked, dehydrated and made into capsules that mothers are required to take daily or anytime they're feeling run down. So you're basically eating your after-birth, which is a skeevy thought. Plus, the medical world isn't sure about the results yet.

FACIALS: Did we mention that the placenta in those spa facials comes from sheep?

HAIR CAPSULES: The after-birth is taken from sheep, pigs and ox, which could make for a creepy thought the next time you're slathering on the hair treatment in the middle of your bath.

Parenting

Kid on a leash?

CAROLYN DREBIN
Mommyish.com

Since having kids, I've been freaked out by traffic. Parking lots, busy streets, even driveways have become safety hazards for me when I'm out with my children.

When each boy started nursery school, they developed an insatiable appetite for freedom. The preferred destination? Parking lots. I remember picking up my eldest, now nine, from school and within seconds of leaving the building, he'd be heading straight into the carpool lane. Needless to say, the vice-grip-hand-hold became de rigueur. It was a phase he eventually grew out of — but not before teaching his younger brother exactly how it was done.

And so, by the time my second son, now 7, started nursery, he too hit the streets whenever possible. But with him, I was prepared. My quick-draw-McGraw reflex to grab him surprised even myself. But what was I going to do? Use a leash? No way. I'd seen those parents. The relaxed ones. The ones walking through malls, airports, even parks, while their little ones meandered happily. On their leashes. I couldn't help but stare. And judge. These were children, not pets.

And then my 3 year old discovered the joys of the open roads. A few weeks ago he disappeared. My husband and I had taken separate cars to a party. My son insisted on going home with his daddy, so I left. Moments later my man called, asking me if I'd taken our youngest son home. Luckily, the mad dasher was found by a lovely woman.

I'm now reconsidering my view on the leash.

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‘Don’t close your mind to opportunity’

Dave Lingwood, left, Duncan Penn, Ben Nemtin and Jonnie Penn. CONTRIBUTED

Tips

Jonnie Penn’s tips to motivate you to go after your dreams.

- Think about it as a project. If you have a dream, often it will stay a dream. If you think about it as a project you start figuring out how to accomplish it.
- Be persistent. “No” doesn’t mean no, it just means “not now.”
- Just do it. Don’t over think it because you’re going to die one day. What the hell, right?

Quote

“You really can accomplish whatever you want to.”

Jonnie Penn

Dream chasers.
Looking for a way to make your dreams come true? Want to give your kids some motivation? Read on

DELIA MACPHERSON
For Metro

Live every day like it’s your last, just like The Buried Life. CONTRIBUTED

For a young man of only 25, who, so far, has led a pretty exciting life — he’s even played basketball with a U.S. president — Jonnie Penn sure talks a lot about death.

“I personally don’t believe in ‘seizing the day’ or living every day like it’s your last,” says one of the members of The Buried Life.

“You burn yourself out living like that. It’s more about ‘don’t close your mind to opportunity.’”

The Buried Life, the reality documentary series that began six years ago in Victoria, followed Penn and his three friends as they attempted an ambitious mission: to complete a list of 100 things to do before they die.

And if this wasn’t enough of a challenge, for every goal they checked off their list they helped a stranger fulfill one of their dreams, too.

The brave and-wise-beyond-their-years gang did what so many of us only dream of doing: they said “screw it” to their boring everyday life and went out to do something meaningful.

And as well as a TV show, the group recently launched an inspirational picture book called What Do You Want to do Before You Die? This No. 1 New York Times best seller includes more than 100 illustrated answers to the title question, submitted by people all over the world.

“When we (The Buried Life) wrote out the list, we felt we could do anything. We really believed it. We wanted to give people that feeling,” says Penn.

A look back

All this is the present. Back then Penn was broke and living out of his friend’s closet. All four of the guys were going through a rough time in their lives: 50-pound weight gain, depression, no money, and death of a friend.

Their 100 list included such things as getting on the cover of Rolling Stone, kiss the Stanley Cup, deliver a baby, and play ball with the president. For Penn, the last on that list takes the cake.

“It was the closest I’ve come to living like Forest Gump,” Penn says. “With Obama, that took two years of work. The game was never supposed to happen. The White House rejected us. The president himself saw the project on TV and made it happen. He was like the coolest dad you’ve ever met.”

The Buried Life overcame a number of obstacles, such as their lack of money, and used their creativity in order to live out their dreams. They threw big parties and taught ESL courses to help raise funds.

Penn says, if you don’t know where to start, “start with your friends.”

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Ontario

Hearty, healthy and light

This recipe serves six. THE ASSOCIATED PRESS H/O

German Pork Stew.
You don't have to ruin your diet to enjoy a hearty meal

It's still cold out. You want something hearty. But you're also trying to eat better and don't want to ruin your diet with a cream-laden casserole.

A lean stew may be just the thing you need. Instead of being heavy, it's hearty with virtuous veggies, lean protein and warm seasonings.

1. Cut tenderloin into slices 4 cm (1 1/2 inches) thick. In a bowl, toss sliced pork with olive oil.

2. Heat a large saucepan over medium-high. Add pork and brown, 2 to 3 minutes per side. It does not need to cook through. Add onion and leeks and continue to cook until vegetables soften and begin to brown, 5 to 6 minutes.

3. Add caraway seeds, fennel seeds, celery seeds, mustard, black pepper, orange zest, orange juice and chicken broth. Bring to a boil, cover and reduce heat to maintain a simmer. Cook until pork is very tender, 15 to 20 minutes.

4. When pork is tender, use a slotted spoon to remove meat from liquid. Using 2 forks, shred pork to bite-size chunks, then return it to the pot. Add sweet potato, cabbage and celery. Continue to simmer until vegetables are tender, about 15 minutes. Season with salt.

5. In a small bowl, stir together yogurt, ketchup and relish. Serve stew topped with a dollop of the yogurt mixture and a sprinkling of fresh dill.

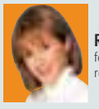
THE ASSOCIATED PRESS

Ingredients

- 500 g (1 lb) pork tenderloin, trimmed of fat
- 5 ml (1 tsp) olive oil
- 1 medium yellow onion, diced
- 2 leeks, white parts only, sliced
- 10 ml (2 tsp) caraway seeds, crushed
- 5 ml (1 tsp) fennel seeds, crushed
- 1 ml (1/4 tsp) celery seeds
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) ground black pepper
- Zest and juice of 1 orange
- 1 l (4 cups) low-sodium chicken broth
- 1 large sweet potato, peeled and diced
- 375 ml (1 1/2 cups) shredded cabbage
- 2 stalks celery, diced
- Salt, to taste
- 125 ml (1/2 cup) fat-free plain Greek-style yogurt
- 30 ml (2 tbsp) ketchup
- 30 ml (2 tbsp) sweet pickle relish
- Chopped fresh dill, to garnish

Healthy eating

Choose it and lose it



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Many people turn to Tim Hortons for a quick lunch, but the wrong choice can pack a real sodium punch. Here's what to watch for.

Ham and Swiss Sandwich

370 calories / 11 g fat / 1,180 mg sodium
This classic sandwich consists of salt-filled smoked ham and Swiss cheese, which is the reason you're getting ¾ of a day's worth of sodium. The ranch dressing also added increases the calories and fat.

Equivalent

Equivalent to almost two boxes of Triscuit crackers in sodium.

BBQ Chicken Wrap

190 calories / 4.5 g fat / 630 mg sodium
Grilled chicken with BBQ sauce gives you half the calories, fat and sodium.

Chipotle peppers add heat to Mexican pasta

Pay no attention to the many shelves of faux salsas (blueberry-pineapple? Really?) and shove aside all those cans of low-fat, low-sodium, no-flavour refried beans.

For this week's underappreciated ingredient, you will need to dig a bit deeper into your grocer's Hispanic section. Your goal? Mexico's gift to high-flavour cooking — chipotle peppers in adobo sauce.

Typically sold in 199-gram (7-ounce) cans, these not entirely attractive (truth is, they look a bit prune-like) peppers pack gobs of smoky, chocolaty, slightly sweet piquancy.

This weeknight meal comes together and has a kick of heat and smokiness from the chipotle pepper and adobo sauce.

1. In large pot of boiling salted water, cook pasta for about 10 minutes or until tender but firm. Drain well and return to pot, drizzle with olive oil, then toss and set aside.

2. Meanwhile, in a food processor, combine barbecue sauce, chipotle, adobo sauce and lime juice. Process until smooth. Add pork, then pulse until well chopped, but not ground. Set aside.

3. In a large skillet over medium-high, heat canola oil. Add onion and pepper and sauté for 6 minutes. Add pork mixture and simmer for about 6 minutes or until pork is no longer pink inside and sauce thickens.

4. Serve pork over pasta. Top each serving with a dollop of sour cream and a sprinkle of chives.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. VISIT, EMI LYRICHARDSCOOK.CA)

Ingredients

- 340 g (12 oz) pappardelle pasta
- 7 ml (1/2 tbsp) olive oil
- 250 ml (1 cup) prepared barbecue sauce
- 1 canned chipotle pepper in adobo sauce
- 5 ml (1 tsp) adobo sauce
- 5 ml (1 tsp) lime juice
- 500 g (1 lb) boneless pork loin chops
- 15 ml (1 tbsp) canola oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- Sour cream
- Chopped fresh chives

Chipotle Barbecue Porky Pappardelle

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

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Smaller power grid, surer power

Go smarter, go smaller. The future is now with the advent of microgrids that will replace aging infrastructure

BEN KNIGHT
life@metronews.ca

One of the biggest problems facing our current electrical grid is its sheer size. Continent-spanning transmission grids require huge amounts of aging infrastructure, and waste eight per cent of all electrical power just moving it from one place to another.

The brilliant and imminent solution? Go smarter — and smaller.

"The whole idea of smart microgrids basically came to the fore when the utilities started looking at the possibility of overhauling their systems with new technologies and approaches," says Dr. Hassan Farhangi, director of the Group for Advanced Information Technologies at the British Columbia Institute of Technology (BCIT).

Numbers

67%

Amount of energy wasted as heat when carbon-based fuel is converted into electricity at a conventional power plant.

"One of the most important aspects of microgrids is service surety. You have a level of reliability that is unprecedented."

A smart microgrid is small and self-contained. It can include its own generation capacity — solar or wind, most likely. While it is connected to the larger grid, it will — in the near future — be able to function on its own.

"BCIT has a large campus in Burnaby with over 60 buildings," Farhangi says. "For the last five years, we have worked to convert this campus into a smart microgrid. The skeleton of a smart microgrid is already operating on campus."

The work is still in progress. BCIT consumes six megawatts annually, and is presently producing less than one. But all the technology needed to take this forward already exists.

"Microgrids are really a convergence of information technology, communications technology and power systems. These existing technologies need to be re-engineered and repurposed for application within a microgrid."

The potential savings are impressive. Farhangi notes that, in a conventional fossil-fuel generating plant, only 33 per cent of the available energy is actually converted into electricity. In a vastly smaller microgrid, this lost heat can be captured.

"Like any electrical system, microgrids are not immune from the well-known faults that you can have," he explains. "But the beauty of this is that any fault that happens is contained locally, and does not contribute to a domino-style of catastrophe across the entire system. If something happens, it's local and you deal with it locally."

For now, this is mostly in the future. But it's a future that will be arriving soon.

"Microgrids are up and coming," Farhangi says. "And investment across the country will be growing."

For more information of smaller power grids, check out smart-microgrid.ca. ISTOCK PHOTOS

Queen of Green

Something borrowed, something green

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What can I do with my old wedding dress?
Jackie of Vancouver

Have you ever heard of upcycling? It's a form of recycling.

You take something that you might have otherwise thrown out and find a way to make it new again!

First, take your old dress and have it wet-cleaned — dry cleaning's greener cousin that doesn't use harsh chemical solvents.

Then find a seamstress to update the style.

A good seamstress can shorten or dye your dress after the big day so it can be worn again. If your dress is quite dated, perhaps there are only components that might be re-purposed, like the skirt or veil.

If your dress is from a more recent era, check out SmartBrideBoutique.com (@Smartbride on Twitter).

They consign dresses online, making it easy to find a home for your old dress or shop for a new one.

Today's green brides can also choose from eco-friendly organic cotton, linen, vintage lace or silk.

Quote

"Today's green brides can also choose from eco-friendly organic cotton, linen, vintage lace, or silk"

And locally produced is best.

Dresses labelled Made in the U.S. or Europe may actually originate somewhere else.

They just get shipped to the claimed location for "finishing."

Look for a label sewn in.

And choose eco-friendlier silks — they're less processed and rougher in texture.

Peace silks are often the most sustainable.

The moth leaves its cocoon and lives out the last five days of its 70-day life cycle.

The silk is collected and woven on hand looms, mostly throughout northern India.

Many small villagers still harvest wild silks — often a natural golden colour.

Standard factory silk is the most processed of all of them.

Worms are hatched inside large warehouses and fed mulberry leaves.

Once the cocoons are complete — before the moths escape — they're boiled. This "natural fibre" never sees the light of day.

There are lots of options for dealing with your old wedding dress. ISTOCK PHOTOS

Debbie Reynolds, at 80 years old, is still performing. H/O

A Hollywood legend on surviving through constant change

Debbie Reynolds.
At 80, she's learned something about getting the most out of life at any age

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Debbie Reynolds' career as an actress and singer has spanned six successful decades. Now as she turns 80 she is still entertaining and will be coming to Toronto on May 3rd to be the guest speaker at the March of Dimes Ability and Beyond Gala. As she looks back on her life and career, she says resiliency and being able to adapt are keys to long-term success.

"I think I am most proud of my ability to survive and live through each changing decade."

"America's Sweetheart" burst onto the Hollywood scene in the 1950's after leading roles in the musicals Singing in the Rain and Tammy and the Bachelor. As her star rapidly climbed in Hollywood, her marriage to singer Eddie Fisher famously dissolved after he fell in love with Elizabeth Taylor. Two more marriages over the years would end, leaving her in financial ruin.

"I constantly had to adapt, have patience and love to get through each challenging era

Reynolds' marriage to singer Eddie Fisher was famously ended by his affair with Elizabeth Taylor, left. ASSOCIATED PRESS/FILE

Long career

- **Three stars** on the Hollywood Walk of Fame
- **1965** Best actress Oscar nomination for The Unsinkable Molly Brown
- **1974** Actors Fund Award for outstanding performance in Irene
- **2004** American Casino Legends Hall of Fame induction

She also took care of her family members as they aged and grew ill. "My grandmother and grandfather lived with us and when I was 14 my mother started getting ill, having seizures and heart trouble, so I began to take care of her. If people can stay in their own familiar, loving surroundings, they do much better than if they're feeling abandoned. And that is what March of Dimes does for the people it serves; it helps care for people, and keeps them in their homes. On May 3rd we'll share our experiences and our happiness, our trials, our tribulations and be together for that moment in life, and I think we'll all come out better and we'll have a wonderful time."

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NHL

Blues turn to Elliot with Halak ailing after hit

Star goalie Jaroslav Halak will miss Game 3 of the St. Louis Blues first-round series against the San Jose Sharks because of a lower-body injury.

Coach Ken Hitchcock ruled Halak out of Monday night's game in San Jose because of the hard hit he took from teammate Barret Jackman in the second period Saturday night in a St. Louis' 3-0 win that tied the series at a game apiece.

THE ASSOCIATED PRESS

Jaroslav Halak is tended to by a Blues trainer on Saturday. CHRIS LEE/ ST. LOUIS POST-DISPATCH/THE ASSOCIATED PRESS

NBA

Heat handle Knicks in Big Apple

The Miami Heat finally came to Madison Square Garden, a sea of orange surrounding them in what looked like a playoff game.

LeBron James had 29 points and 10 rebounds, Dwyane Wade added 28 points and nine boards, and the Heat overcame Carmelo Anthony's 42 points to beat the New York Knicks 93-85 on Sunday to clinch the Southeast Division title.

The Heat's lone game in New York came with the compressed regular season coming to a close — and with the chance they'll be back to face the Knicks for the playoffs soon.

THE ASSOCIATED PRESS

Pittsburgh's Sidney Crosby squares off with Kimmo Timonen in Philadelphia on Sunday. BRUCE BENNETT/GETTY IMAGES

Flyers grab Pens by scruff of the neck

NHL. Briere, Read, Talbot each score twice as Philly puts Pittsburgh on brink of elimination

Game 3

8	4
Flyers	Penguins

Fists were flying faster than shots on goal. Sidney Crosby and Claude Giroux even became knotted in the pushing and shoving, a pair of stars willing to mix it up to prove which team was the baddest on the ice and the scoreboard.

The Penguins and Flyers talked trash, laid the smack down, and played one wildly entertaining game. The result was still the same. The Flyers rallied from another early deficit for a Game 3 win that put them on the brink of a sweep.

Danny Briere, Matt Read and Max Talbot each scored twice to lead Philadelphia to an 8-4 win over Pittsburgh on Sunday.

Giroux and Wayne Simmonds also scored to help the Flyers take a 3-0 lead in the combustible best-of-seven series. Game 4 is Wednesday in Philadelphia. The Flyers scored 30 goals in the first three games.

"Our goal is to finish it right away," Briere said.

Quoted

"You can make a story all you want about us getting frustrated. They're doing the same things we are. It's intense."

Penguins captain Sidney Crosby, insisting his team isn't getting rattled in the physical series.

The goals might be hard to find on a highlight reel. Three players were tossed in the first period. There was a rare fight between superstars when Crosby squared off against Giroux.

No one got the better end of that scrap. But by the end, Flyers fans serenaded the Penguins with chants of "you can't beat us!"

"All three games were kind of weird games," Giroux said. "I guess I like weird games because we always finish by winning."

Jordan Staal and James Neal scored twice for the Penguins. Marc-Andre Fleury was benched after allowing six goals in two periods. He has allowed a whopping 17 goals through Game 3. Coach Dan Bylsma said Fleury would start, "the next four games."

Hard to imagine at this rate, especially with NHL scoring leader Evgeni Malkin yet to score a goal for the Penguins.

THE ASSOCIATED PRESS

Jays' Drabek 'real happy' with early results

Kyle Drabek works against Baltimore in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

Toronto Blue Jays right-hander Kyle Drabek no longer pitches with the mentality of a middle linebacker.

The 24-year-old allowed six hits, one walk and two runs, one earned, over 7 1/3 innings, the longest of his 19 major-league starts in a 9-2 win over the Baltimore Orioles Sunday.

"I had to try and change up to quarterback and think more and make the right decisions," said Drabek.

Drabek, who was a receiver when he played football, also worked on his pitching mechanics during spring training.

And that might be the biggest change in him this year.

Sunday's game

9	2
Blue Jays	Orioles

He has now won two straight starts for the first time in his MLB career and lowered his earned-run average to 1.42.

"When he pitched more like a middle linebacker that intensity worked against him," said Blue Jays manager John Farrell. "You see frustration from him every now and then but he has the wherewithal to step back, regroup and kind of release some of that tension."

Drabek used his two-seam fastball, curveball and changeup to keep the Orioles at bay.

"Last year I changed up my mechanics four or five times," Drabek said. "When I came to spring training they found the one they wanted me to try that was kind of easy. It was hard at first but I'm real happy with where it's at right now."

Brett Lawrie of Langley, B.C., had a solo home run and drove in three runs as Toronto (5-4) salvaged one win from its three-game series with Baltimore.

THE CANADIAN PRESS

4 SPORTS

Quoted

"We're approaching it that the 13 (healthy) guys we have now are who we're going to have the rest of the season and in the playoffs."

Orlando Magic coach Stan Van Gundy saying Sunday that he's preparing to play the rest of the regular season and playoffs without Dwight Howard. The star centre missed his fourth straight game with a back injury Sunday, a 100-84 Magic win over the Cleveland Cavaliers. He was diagnosed with a herniated disk last week. Howard will rest the injury for 10 days and then be re-evaluated. Van Gundy said before Sunday's game that he would consider it a bonus if Howard or forward Hedo Turkoglu, who is sidelined with a facial fracture, return at some point this season.

On the web

The Roger Clemens perjury trial is set to return to court Monday, nine months after prosecutors made a gaffe that led to a mistrial. U.S. Judge Reggie Walton said it was a mistake even a "first-year law student" wouldn't make. Scan the code for the story.

IIHF. Encouraging signs of parity at women's worlds

Women's hockey took modest steps towards parity at the 2012 women's world championship.

International Olympic Committee president Jacques Rogge said at the 2010 Winter Olympics the sport needed to become more competitive after seeing scores of 18-0 and 13-0.

"There must be a period of improvement," the head of the IOC said. "We cannot continue without improvement."

The threat implied in those words galvanized the International Ice Hockey Federation to establish a multi-platform, $2.1-million plan.

The IIHF needs to get more females in the game worldwide to reduce gaps in international tournaments in time for the 2014 Games in Russia. Two years into the program there are signs of change.

The number of one-goal games increased from four at the 2010 Olympics to 10 at the world championship in Burlington, Vt.

Four-goal games dropped from 11 to eight. Overall goal differential in the tournament shrunk from 112 in the 2010 Olympics to 79 in Burlington.

"The close scores we've had in the games below the top two countries, Canada and the U.S., are really quite gratifying," IIHF vice-president Murray Costello said.

While the world order shuffled from positions three to eight. Canada and the U.S. remain far out in front. Canada edged the U.S. 5-4 in overtime for gold Saturday.

THE CANADIAN PRESS

Hayley Wickenheiser celebrates Canada's gold-medal win over the U.S. Saturday. THE CANADIAN PRESS FILE

Shea Weber silences crowd

NHL . Predators' defenceman scores early to help his team to 2-1 lead over Red Wings

Shea Weber knew he wouldn't be popular in the Motor City.

The star defenceman didn't really care, he just wanted to win.

Weber turned boos into silence with a goal early in the first period and the Nashville Predators held on to beat the Detroit Red Wings 3-2 Sunday to take a 2-1 lead in the first-round series.

"I guess we're more focused on the game," he said.

Weber was jeered every time he touched the puck for smashing Henrik Zetterberg's face into glass at the end of Game 1.

Weber's goal snapped Nashville's 0-for-12 streak on the power play against the Red Wings in the series and helped the franchise end its 0-for-6 skid in playoff games against them on the road.

"We haven't been around for 100 years, so this was just another thing we had to get done," Trotz said.

The Predators, who are in their 13th NHL season, advanced in the playoffs last year for the first time and are trying to get past the Red Wings after being eliminated by them in 2008 and 2004.

Just when it looked like the Red Wings were finished off for sure in Game 3, Zetterberg scored with 54 seconds left to pull the Red Wings within one, but they couldn't force overtime.

THE ASSOCIATED PRESS

Quoted

"When he came to the rink, he knew he wasn't going to be the most likable player in the arena."

Nashville coach Barry Trotz, who said Shea Weber had stepped up Sunday amidst the 'little bit of controversy' resulting from his shot on Henrik Zetterberg in Game 1.

Game 3

Predators	Wings
3	2

Detroit Red Wings Drew Miller runs into Nashville Predators goalie Pekka Rinne, Sunday in Detroit. CARLOS OSORIO/THE ASSOCIATED PRESS

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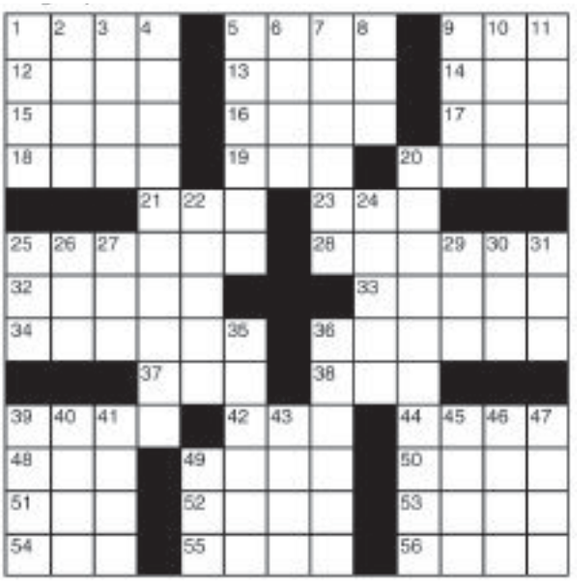
Crossword

Across

1 Tobacco plug
5 Pumps up the volume
9 DIY buy
12 Stereo hookup
13 Gambling game
14 Account acronym
15 Astronaut Shepard
16 Dingy
17 Victory
18 "L'Etoile du —" (Minnesota motto)
19 Attention getter
20 Carlton of baseball
21 Afternoon affair
23 Ostrich's cousin
25 Investor's hope
28 Arouse bitterness
32 Expiate
33 Norma Rae's group
34 From that place
36 Boulevard
37 Greek H
38 Moray
39 Earth
42 Paving material
44 Food starch, for short
48 Possess
49 Grand-scale
50 Pavarotti offering
51 3 on the phone
52 Part of Q.E.D.
53 Benevolent
54 Big bother
55 Phoenician port city
56 Advantage

Down

1 Earl Derr Biggers sleuth
2 Hawaiian city
3 Distant
4 Air-flow channel
5 Hound type
6 Stallion's companion
7 Orison
8 Sauce source
9 Fuzzy fruit
10 Eye part
11 Cistern
20 Batter treat
22 Upright
24 Shade of purple
25 Snitch
26 Biblical verb suffix
27 Pirouette pivot
29 Reunion group
30 Costello or Ferrigno
31 Away from WSW
35 Diner
36 Make bubbly
39 Six-pack, often
40 Yet to be paid
41 Data
43 Culture medium
45 Saharan
46 Pugilism venue
47 Commanded
49 Encountered



Sudoku

		3				6		
		5	2		7	3		
6				4				9
	3	7	4		2	5	1	
	2	8	6		9	7	3	
3				9				8
		9	8		1	2		
		6				1		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	6	9	3	1	4	8	5	2
3	1	2	9	5	8	7	4	6
8	5	4	2	6	7	1	9	3
5	2	8	1	7	6	9	3	4
1	4	6	5	3	9	2	8	7
9	7	3	8	4	2	6	1	5
2	3	5	7	9	1	4	6	8
4	8	1	6	2	3	5	7	9
6	9	7	4	8	5	3	2	1

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XSI ZWMBJ MX IKMBK ZDEP BDXR YUJS U OSHUIUC HKPDEOK U ZMPSLWUBS ZPUYS: "HKS OPUHS SRBULS."

Yesterday's Cryptoquip: MUSICAL MARCH THAT COMMEMORATES SAILORS AND FOODSTUFF FROM SHEEP: "TARS AND TRIPES FOREVER."

Today's Cryptoquip Clue: K equals H

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You will be remarkably fired up this week. Both in your personal life and in your work you will be energetic and enthusiastic.

Taurus | April 21 - May 21. You favor routines and methods you feel comfortable with but you will need to be a bit more adventurous over the next few days.

Gemini | May 22 - June 20. This should be a really fun time for you, especially if you are ready to take a few risks in your private life.

Cancer | June 21 - July 22. No one works harder than you, but are you working for yourself or are you working for other people?

Leo | July 23 - Aug. 22. You enjoy taking risks, it gives you a buzz, and with mind planet Mercury moving in your favor today you will be looking round for new ways to push the envelope.

Virgo | Aug. 23 - Sept. 22. You need to be a bit more assertive when dealing with family issues and financial matters.

Libra | Sept. 23 - Oct. 22. Anyone who annoys you this coming week is likely to find themselves on the receiving end of a tongue-lashing.

Scorpio | Oct. 23 - Nov. 21. If you see an opportunity today you must seize it immediately.

Sagittarius | Nov. 22 - Dec. 21. You're in a dynamic mood at the moment and you really don't care whose toes you tread on.

Capricorn | Dec. 22 - Jan 20. Something unexpected will happen today, something you did not plan for.

Aquarius | Jan. 21 - Feb 18. Don't let anyone persuade you to abandon the path you have chosen to take.

Pisces | Feb. 19 - March 20. You are very much on the ball at the moment and determined to make every minute count.

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Caption Contest

"Whoa i gotta get my eyes checked! There's no way i should have missed that one!"
Brian

GREGORY BULL/THE ASSOCIATED PRESS

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